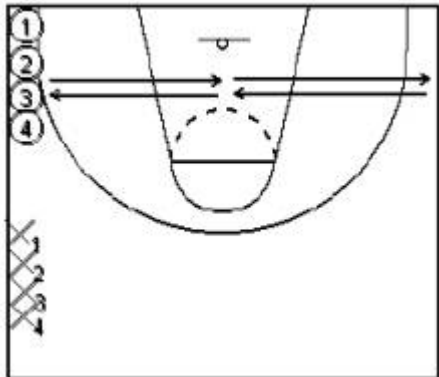
	Drill	Skill
	47 – Two teams sliding	<ul style="list-style-type: none"> • Defense

Description	
<ul style="list-style-type: none"> • Players line up, in two teams, along sideline as shown in diagram. • Alternately, each team slides across floor in a line and returns. • When one team returns, other team goes. • To emphasize keeping low and defensive stance, players touch hands to floor between their legs 5 times and yell "defense" in the seven spots indicated in the bracketed material here (at start, at opposite sideline, twice at mid-court - once on the way and once on the way back - and on return). • Players complete 180 degree pivot each time they cross split line. 	
Variations	
<p>After a couple of repetitions, have players:</p> <ol style="list-style-type: none"> Jump in air before touching floor. Sprint from opposite sideline to mid-court on return leg. Close-out from mid-court to opposite sideline. 	
Points of emphasis	
<ol style="list-style-type: none"> 1 Correct defensive stance and footwork. 2 Pure effort. 3 Teamwork - stay together. 	